Case Report

Epicardial adipose tissue in a coronary artery disease patient

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EAT detected by 2D echocardiography as an echo-free space between myocardium and pericardium, confusing it as pericardial effusion. Usually thickness is measured in atleast two locations on the right ventricular free wall. The epicardial fat is vascularized by branches of the coronary arteries. Epicardial fat thickness is positively correlated with myocardial lipid content and may affect cardiomyocyte function [1].

EAT releases inflammatory adipokines and decrease anti-inflammatory adipokines, hence promote inflammation and CAD [2]. EAT acts as a paracrine organ that influences the coronary arteries by promoting chronic inflammation [3] and endothelial dysfunction [4]. The paracrine effect of segmental pericoronary fat causes atherosclerosis in the local arterial segment [5].

This patient was kept on high intensity statin therapy with strict diabetes control by insulin. Lipid profile on 1 year follow up was controlled. She had been on strict diet and exercise. We believe, very little has been known on EAT and its risk associations which makes this tissue a promising area of research.

References


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